



HEALTH SCORE

80%

Jewish Grandma's Best Beef Brisket



Gluten Free



Dairy Free



Very Healthy

READY IN



260 min.

SERVINGS



1

CALORIES



3030 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound brisket
- ☐ 2 cloves garlic peeled cut in half
- ☐ 1 serving ground pepper black to taste
- ☐ 2 onions sliced
- ☐ 1 serving salt and pepper to taste
- ☐ 1 tablespoon vegetable oil

Equipment

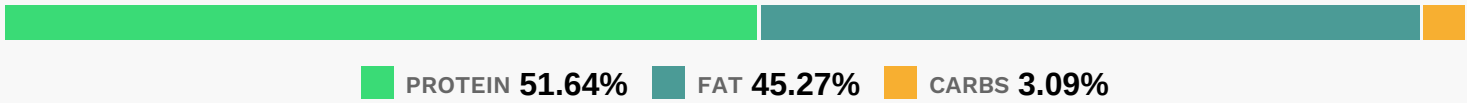
- ☐ frying pan

- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Heat the oil in a large deep skillet or pot over medium-high heat. Season the brisket generously with black pepper.
- ☐ Place in the pan and cook until the surface is a rich brown color, not burnt, but dark. Lift the roast and scatter the onions in the pan.
- ☐ Place the uncooked side of the roast down onto the onions. Repeat the browning process.
- ☐ Add the garlic to the pan, and fill with enough water to almost cover the roast. Bring to a simmer. Reduce heat to low and cover with a lid or tight-fitting aluminum foil. Simmer for 4 hours, turning the roast over once halfway through. The roast should be fork tender.
- ☐ Remove the brisket to a serving platter. Bring the broth in the pan to a simmer, scraping the bottom to loosen any browned bits. Cook until reduced to a thin gravy. Taste and season with salt and pepper if needed.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:5.11, Inflammation Score:-9, Nutrition Score:63.739999827483%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 44.76mg, Quercetin: 44.76mg, Quercetin: 44.76mg, Quercetin: 44.76mg

Nutrients (% of daily need)

Calories: 3029.69kcal (151.48%), Fat: 147.57g (227.03%), Saturated Fat: 49.17g (307.28%), Carbohydrates: 22.6g (7.53%), Net Carbohydrates: 18.71g (6.8%), Sugar: 9.39g (10.43%), Cholesterol: 1124.91mg (374.97%), Sodium: 1636.98mg (71.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 378.75g (757.5%), Vitamin B12: 44.09µg (734.82%), Zinc: 78.64mg (524.3%), Selenium: 299.51µg (427.88%), Vitamin B6: 7.96mg (397.95%), Phosphorus: 3720.02mg (372%), Vitamin B3: 71.78mg (358.92%), Iron: 35.41mg (196.74%), Vitamin B2: 3.15mg (185.33%),

Potassium: 6334.05mg (180.97%), Vitamin B1: 1.93mg (128.51%), Magnesium: 440.98mg (110.25%), Copper: 1.56mg (77.84%), Vitamin B5: 6.66mg (66.58%), Vitamin K: 49.74µg (47.37%), Vitamin E: 6.97mg (46.46%), Folate: 169µg (42.25%), Manganese: 0.65mg (32.57%), Vitamin C: 18.15mg (22%), Fiber: 3.89g (15.57%), Calcium: 152.74mg (15.27%)